

6 Mental Health Hygiene Tips

for the Modern Human

I like to think of mental health hygiene like dental hygiene. It's important, it's a very good preventative measure, lots of people neglect it (Did YOU floss today? Be honest!), and it can be hard to see when the negative effects of neglect are building up. Consider me your (completely unofficial and uncertified) mental health hygienist and these six tips are like me giving you that goodie bag of free dental care tools, then firmly reminding you of your next appointment – and that I'll definitely be looking at those back teeth, so you better floss!!



Physical Activity

I'm not talking triathlons or lifting weights (though those are good things), I'm talking 'bout building physical activity into your daily life like taking brisk 30 minute walks with a partner or playing outside with your dog.



Omega 3 Fatty Acids

Vitamins/supplements/medicine/science all seem to be divisible topics these days but I can vouch personally for the data found scientifically on this one. Am I a Dr.? No! So talk to yours first before taking anything!



Sunshine

Ahhh, good ol' vitamin D! Slap on some sunscreen and get outdoors for a minute. Escape our sedentary lifestyle for an afternoon and check out nature – remember trees? They're still pretty cool!



Healthy Sleep

Legit, put your phones/tech down an hour before bed time, wind down, admit you need a decent bed time, and set up your sleep area for a successful night of counting sheep. No excuses, your brain needs rest!



Anti-Ruminative Activity

Don't let the hot mess hamster stay on that wheel! Get some sunshine, read a good book, meditate (if that works), or switch your what if's to wishes and imagine the BEST possible outcomes instead of the worst!



Social Connection

This means face to face IRL – not just facetime or Facebook. Call up a friend for coffee or tea, host a potluck at your place, volunteer locally, take creative classes in-person, or help a friend out on a project.